

Rotherham Metropolitan Borough Council
Early Help & Family Engagement

RMBC Early Help & Family Engagement Positive Parenting Courses – Summer Edition



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Introduction

Being a parent is wonderful but balancing the various demands isn't easy to cope with and all parents can come under pressure or stress from time to time.

The courses we provide are evidence based which means they have been tried and tested and are backed by a lot of research both nationally and internationally.

This guide gives some information about the different types of support that will help to provide parents with the practical skills and confidence to know that they are doing the right thing with their children.



Courses are open to families who are resident in Rotherham or have a child in a Rotherham school

What is Positive Parenting

Positive parenting uses techniques that work well for every child. These techniques build on a child's wish to please a caregiver, the importance of listening, and, above all, loving the child – leading to a better-behaved, happy child and less-stressed parents.

Triple P Discussion Groups

These are small group 2 hour interactive sessions which explore commonly encountered problems such as disobedience, fighting and aggression, and managing situations such as shopping or outings with children. Each individual discussion group provides an overview of the positive parenting principles for any interested parent.



WHO IS IT FOR? Parents or caregivers with a specific concern about their child's behaviour. They are most likely to benefit when the concerns are around a specific issue. They will receive some tailored advice and will be encouraged to apply the new parenting skills to other problems that may arise.

Discussion Groups for 0-12 year olds:

Dealing with disobedience. This discussion topic provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help develop a personal plan to prevent disobedience and teach a child limits, and manage disobedience.

Managing fighting and aggression. In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

Hassle-free shopping/outings with children. This discussion topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems and teaching children how to behave on trips. Parents develop individualised plans to manage problem behaviour during their own outings and are encouraged to transfer new parenting strategies to other potentially difficult community situations.

Discussion Groups for Teenagers:

Getting Teenagers to Cooperate. During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be cooperative at home.

Coping with Teenagers' Emotions. In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

Building Teenagers' Survival Skills. This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk.

Reducing Family Conflict. During this discussion, parents share some of their experiences of conflict with their teenager and discuss why sometimes this occurs in families. Several positive parenting strategies are introduced to help parents teach their teenager how to get along with other family members and resolve problems. Ways to manage times when conflict affects the whole family are also discussed.

By attending the parenting course and receiving the support, our home life is much calmer

... parent's comment

By using the skills, tips and advice we have received, we are both better at dealing with family life

... parent's comment

Triple P Group Programme – 0-12 years

A great opportunity to meet other parents in similar situations – other parents who'll share stories and support each other.

From the start, parents will be given tips and suggestions to fit the needs of their family. They will see scenes from the *Every Parent's Survival Guide* DVD, which shows how the ideas work in real life. The workbook provided will give tools and information needed to start positive parenting right away at home. There are usually about 12 parents in a group session. Parents will spend 2 hours a week within the group.

The programme promotes positive parenting strategies, coping and self-care skills.

Duration: 8 weekly sessions in small groups lasting 2 hours each



Triple P Group Programme – Teenagers (10-16 years)

A great opportunity to meet other parents in similar situations – other parents who'll share stories and support each other.

From the start, parents will be given tips and suggestions to fit the needs of their family. They will see scenes from the *Every Parent's Survival Guide* DVD, which shows how the ideas work in real life. The workbook provided will give tools and information needed to start positive parenting right away at home. There are usually about 12 parents in a group session. Parents will spend 2 hours a week within the group.

The programme promotes positive parenting strategies, coping and self-care skills.

Duration: 8 weekly sessions in small groups lasting 2 hours each

*I feel a lot happier
and connecting better
now with my child.*

..... Parent's comment

Triple P Online Course

This is the ideal solution for busy parents who want to learn more about parenting but can't attend a group.

0-12 years programme can help:

- Encourage good behaviour
- Manage misbehaviour
- Settle tantrums
- Tackle disobedience
- Teach a child new skills
- Take the stress out of outings such as shopping

10-16 years programme can help:

- Build a stronger relationship with a teenager
- Negotiate boundaries and expectations
- Deal calmly with conflict
- Survive the emotional rollercoaster
- Prepare for risky situations
- Equip them to handle life's problems

Family Links

Parenting Programme for parents of children aged 0-8. The Nurturing Programme aims to help adults understand and manage feelings and behaviour. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning.

Duration: 10 weekly sessions in small groups lasting 2 hours each



Sleep Tight

This course from The Children's Sleep Charity helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children.

Duration: 5 weekly sessions in small groups lasting 2 hours each



Caring Dads

A group intervention programme aiming to help fathers, of any age, improve their relationship with their children. It helps dads learn how to spend time with children in healthy ways, and understanding the impact on children of controlling, abusive and neglectful actions, which include witnessing domestic violence. The programme is evidence-based, was developed in Canada and has been refined over the last 10 years.

Through group sessions fathers will:

- Learn skills to cope in healthy ways with hard situations
- Understand how their choices and ways of being a father effect children
- Increase awareness about how their behaviours and attitudes can be harmful to children.
- Be given ways to strengthen the father child relationship

Duration: 17 weekly sessions in small groups lasting 2 hours each



Parents As Partners

Parents as Partners is a programme for parents who wish to work together more effectively to address relationship issues affecting their parenting. It is aimed at parents who would like to strengthen their relationship with each other for the benefit of their children. Parents do not have to live together, or be in a current relationship, but should both be willing to think together about how they parent their children.



By working with both parents the group fosters long lasting change, benefiting children's cognitive, emotional and social development

Parents must have at least one child under 11

Parents must be able to attend the same group together and be able to commit to the full programme.

Parents must also be further supported by a caseworker.

Duration: 17 weekly sessions in small groups lasting 2 hours each

Self Harm Awareness

This training is suitable for parents and carers, regardless of prior experience, who may be supporting a loved one who is self harming. This training is appropriate for parents, carers and family who would like to know more about self harm and how to support a loved one.

Learning Outcomes:

- Understand self harm and who is affected
- Identify factors that lead to self harm
- Reduce stigma
- Understand the wider impact on caregivers
- Develop confidence in responding to disclosures
- Support someone who self harm with evidence based brief interventions
- Recognise the importance of caregiver self care and wellbeing
- Identify support services
- Understand the importance of recovery



Duration: 4 hours

Programme	Day/Start Date/Time	Venue
0-12 Triple P Parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills. Duration: 8 weeks	Monday 20th April 2020 5:30 – 7:30pm	Community Room Tesco Superstore Drummond Street Rotherham S65 1HY
	Tuesday 28th April 2020 9:30 – 11:30 am	The Place Coleridge Road Eastwood Rotherham S65 1LW
Teen Triple P Parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills. Duration: 8 weeks	Thursday 30th April 2020 12:30 – 2:30 pm	Barnardos Nightingale Close Rotherham S60 2AB
Triple P Stepping Stones This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting Duration 9 weeks	Thursday 23rd April 10:00 – 12:00 am	Kimberworth Place Kimberworth Road Rotherham S61 1HE
Triple P - In Care This programme is the Triple P model and is for parents/carers who do not have care of their children but do have contact. The programme looks at implementing the model through contact visits or supervised visits. Duration: 8 weeks	Tuesday 9th June 2020 10:00 – 12:00 Course for families with children 11 years old +	Eric Manns Building 45 Moorgate Street Rotherham S60 2RB
	Tuesday 7th April 2020 1:00–3:00 pm Course for families with children 0-10 years old	Eric Manns Building 45 Moorgate Street Rotherham S60 2RB
Family Links This programme is for the parents of young children up to the age of 10 and looks at topics, including: Understanding why children behave as they do, Recognising the feelings behind behaviour (ours and theirs) Exploring different approaches to discipline and Learning the importance of looking after ourselves Duration – 10 weeks	Tuesday 5th May 2020 12.45-2.45 pm	Rawmarsh Children's Centre Barbers Crescent Rawmarsh S62 6AD
	Thursday 7th May 2020 9:30 – 11:30 am	Aughton Early Years Centre Main Street Aughton S26 3XH

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Programme	Day/Start Date/Time	Venue
Sleep Tight This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children. Duration: 5 weeks	Tuesday 2nd June 2020 9:30 – 11:30 am	Rawmarsh Children's Centre Barbers Crescent Rawmarsh S62 2AD
	Tuesday 2nd June 2020 5:30 – 7:30 pm	Meeting Room 2 Rotherham Town Hall The Crofts Moorgate Street Rotherham S60 2TH
	Friday 5th June 2020 9:30 – 11:30 am	Central Children's Centre The Ferham Centre, Rotherham S61 1AP

Discussion Groups	Discussion Group Subject	Day/Start Date/Time	Venue
Short one-off group sessions from the Triple P Programme that offer practical advice for tackling a specific problem behaviour.			
0-12 years	Dealing with Disobedience	Monday 18th May 5.30-7.30pm	Community Room Tesco Superstore Drummond Street Rotherham S65 1HY
0-12 years	Fighting and Aggression	Friday 12th June 9.30-11.30am	The Place Coleridge Road Eastwood Rotherham S65 1LW
0-12 years	Hassle Free Outings	Monday 6th July 5.30-7.30pm	Community Room Tesco Superstore Drummond Street Rotherham S65 1HY
Teen	Coping With Teenagers' Emotions	Friday 12th June 12.30–2.30pm	The Place Coleridge Road Eastwood Rotherham S65 1LW
Teen	Getting Teenagers' to Cooperate	Friday 12th June 12.30-2.30pm	Community Room Tesco Superstore Drummond Street Rotherham S65 1HY

Programme	Day/Start Date/Time	Venue
Caring Dads A programme that aims to help fathers improve their relationship with their children to end controlling, abusive and neglectful behaviours Duration: 17weeks	Tuesday 28th April 2020 6.00-8.00pm	The Garden Room Rotherham Town Hall The Crofts Moorgate Street Rotherham S60 2TH

Self Harm Awareness Training for Parents and Carers



Date	Time	Venue
23 rd March 2020 Part One*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY
30th March 2020 Part Two*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY
22 nd April 2020	9.30am-1.30pm	Eric Manns Building, 45 Moorgate Street, Rotherham. S60 2RB
20 th May 2020	9.30am-1.30pm	Eric Manns Building, 45 Moorgate Street, Rotherham. S60 2RB
15 th June 2020 Part One*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY
22 nd June 2020 Part Two*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY
10th July 2020	9.00am-1.30pm	Gallery Room Riverside House, Main Street Rotherham S60 1QY

*** Participants must attend both part one and part two**

To book a place on any of these Self Harm courses please email directions@rotherham.gov.uk

with the course you wish to attend, your name, date of birth and your email address

How to Reserve a Place

Booking is essential for any of the courses listed in this brochure, parents/caregivers cannot present on the day.

Professionals: For families already engaged with the Early Help Service, please speak to the worker to ask for a referral to a course.

For anyone else, please contact RMBC Early Help Triage on **01709 304905** or email **ehtriage@rotherham.gov.uk** to make a referral for a course.

For the Self Harm Course - this is a separate booking system:

please email directions@rotherham.gov.uk with the course you wish to attend, your name, date of birth and your email address

Starting the Triple P Online Course

To commence the online course, the caregiver will need to request this using the link below and completing the short form found at the bottom of the page:

<https://www.triplep-parenting.uk.net/uk-en/find-help/triple-p-parenting-in-rotherham/>

Once the form is submitted, contact will be made by email to help the adult get started.

For any advice regarding any of the courses please contact us by email on:

parenting@rotherham.gov.uk



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